

Beef Barbecue marinades and dry spice rubs

Try these easy marinades on any steak, kebabs or roast. Made from wonderful fresh ingredients, they will add a zing to your cabinet. Simply combine all ingredients well and pour over beef.

1 unit of marinade will coat 600g to 1kg of beef product.

Chermoula Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
chilli sauce	sweet Thai style	40g	80g	160g	400g	800g
olive oil		20g	40g	80g	200g	400g
lemon juice		20g	40g	80g	200g	400g
coriander	chopped coarsely	20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
red chilli flakes	dried	0.5g	1g	2g	5g	10g

Mediterranean Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
olive oil		40g	80g	160g	400g	800g
orange zest	finely grated	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g
oregano leaves	dried	0.5g	1g	2g	5g	10g



Greek Style Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
olive oil		40g	80g	160g	400g	800g
parsley	coarsely chopped	20g	40g	80g	200g	400g
fresh garlic	finely chopped	10g	20g	40g	100g	200g
lemon zest	finely grated	5g	10g	20g	50g	100g
fresh rosemary leaves	chopped	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g

BBQ Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
tomato sauce		50g	100g	200g	500g	1kg
mustard	wholegrain	50g	100g	200g	500g	1kg
sugar	dark brown	20g	40g	80g	200g	400g
Worcestershire sauce		5g	10g	20g	50g	100g
onion	dried flakes	5g	10g	20g	50g	100g

Sticky Asian Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
oyster sauce		50g	100g	200g	500g	1kg
hoi sin sauce		50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
honey		20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
fresh ginger	finely grated	10g	20g	40g	100g	200g
sesame seeds		5g	10g	20g	50g	100g

Orange Mustard Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
orange juice		50g	100g	200g	500g	1kg
mustard	wholegrain	50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
honey		20g	40g	80g	200g	400g



Red Wine and Garlic Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
red wine		50g	100g	200g	500g	1kg
olive oil		20g	40g	80g	200g	400g
garlic	crushed	10g	20g	40g	100g	200g
sugar	dark brown	10g	20g	40g	100g	200g
fresh rosemary leaves	chopped	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
chives, chopped	dried	0.5g	1g	2g	5g	10

Spicy Beer Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
beer	draught	50g	100g	200g	500g	1kg
tomato sauce		50g	100g	200g	500g	1kg
Worcestershire sauce		10g	20g	40g	100g	200g
sugar	dark brown	20g	40g	80g	200g	400g
Tabasco sauce		2g	4g	8g	20g	40g
fresh thyme leaves		2g	4g	8g	20g	40g

Pistachio Pesto

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
pistachio	kernals	30g	60g	120g	300g	600g
olive oil		20g	40g	80g	200g	400g
basil	fresh, chopped	20g	40g	80g	200g	400g
parsley	fresh, chopped	20g	40g	80g	200g	400g
lemon juice		20g	40g	80g	200g	400g
honey		15g	30g	60g	150g	300g
lemon zest	finely grated	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g



- Place all ingredients in bowl of food processor and blend to a coarse paste.

Roasted Capsicum Marinade

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
capsicum	red, roasted	200g	400g	800g	2kg	4kg
olive oil		20g	40g	80g	200g	400g
garlic	whole cloves	20g	40g	80g	200g	400g
black pepper	cracked	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
parsley	dried flakes	0.5g	1g	2g	5g	10g

- Place all ingredients in bowl of food processor and blend to a coarse paste.

These dry rubs can be kept in air tight containers for several weeks, ready to use whenever needed. Combine all ingredients and mix well. Brush beef with oil or other liquid before coating with the rub. Rubs are quite concentrated in flavour, so only a very light coating is required.

1 unit of rub will coat approximately 1kg of beef product.

Cajun Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
sea salt	flakes	10g	20g	40g	100g	200g
paprika	ground mild	10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
chilli powder		5g	10g	20g	50g	100g
garlic	granules	5g	10g	20g	50g	100g
cayenne pepper	ground	1g	2g	4g	10g	20g
fennel	ground	0.5g	1g	2g	5g	10g
thyme	dry leaves	0.2g	0.4g	0.8g	2g	4g



Mustard and Pepper Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
mustard	dry powder	20g	40g	80g	200g	400g
sea salt	flakes	10g	20g	40g	100g	200g
black pepper	cracked	10g	20g	40g	100g	200g

Mexican Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
paprika	sweet	10g	20g	40g	100g	200g
cumin	ground	10g	20g	40g	100g	200g
garlic	granules	5g	10g	20g	50g	100g
oregano	dried leaves	5g	10g	20g	50g	100g
coriander	ground	5g	10g	20g	50g	100g
red chilli	ground	2g	4g	8g	20g	40g
parsley	dry flakes	2g	4g	8g	20g	40g

Chilli and Fennel Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
cumin seeds	ground	16g	32g	64g	160g	320g
fennel seeds	whole, crushed	16g	32g	64g	160g	320g
chilli flakes	dried, crushed lightly	8g	16g	32g	80g	160g

Texas Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
dried mushrooms	ground	10g	20g	40g	100g	200g
cumin	ground	10g	20g	40g	100g	200g
onion	dried flakes	10g	20g	40g	100g	200g
oregano	dried leaves	5g	10g	20g	50g	100g
red chilli	ground	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
black pepper	cracked	2g	4g	8g	20g	40g

Lemon Sumac Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
sumac	ground	10g	20g	40g	100g	200g
lemon zest	finely grated	10g	20g	40g	100g	200g
fennel	ground	5g	10g	20g	50g	100g
paprika	mild	5g	10g	20g	50g	100g
black pepper	cracked	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
parsley	dried flakes	1g	2g	4g	10g	20g



- Store this rub in an airtight container in the fridge.

Aussie Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
macadamias	ground	50g	100g	200g	500g	1kg
sesame seeds		10g	20g	40g	100g	200g
black pepper	cracked	5g	10g	20g	50g	100g
lemon myrtle	dried leaves	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g

- Try substituting ground almonds or walnuts for the macadamias in this rub.
- Store this rub in an airtight container in the fridge.

Pepper Steak Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
garlic	granules	20g	40g	80g	200g	400g
black pepper	cracked	20g	40g	80g	200g	400g
thyme	dried leaves	4g	8g	16g	40g	80g

Korean Sesame Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
sesame seeds	white	25g	50g	100g	250g	500g
sesame seeds	black	10g	20g	40g	100g	200g
red chilli	flakes	2g	4g	8g	20g	40g
sea salt	flakes	2g	4g	8g	20g	40g
black pepper	cracked	2g	4g	8g	20g	40g
chives, chopped	dried	0.5g	1g	2g	5g	10g

Argentinean Rub

Ingredient	Description	1 unit	2 units	4 units	10 units	20 units
paprika	mild ground	10g	20g	40g	100g	200g
onion	dried flakes	10g	20g	40g	100g	200g
sea salt	flakes	5g	10g	20g	50g	100g
black pepper	cracked	5g	10g	20g	50g	100g
oregano	dried leaves	5g	10g	20g	50g	100g
red chilli	dried flakes	2g	4g	8g	20g	40g
thyme	dried leaves	0.5g	1g	2g	5g	10g

